



Learning and Behavior Therapy

William T. O'Donohue

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Behavior therapy has made significant inroads into a number of clinical problems. Recently, an American Psychological Association task force concluded that behavioral treatments for problems such as skill deficits, panic disorder phobias, obsessive-compulsive disorder, etc., can be "validated." With a move away from contemporary learning research, this book is the right book at the right time. In recent years, behavior therapists have largely not kept up with the developments in learning research and theory. This book attempts to improve the field's future prospects by providing a readable, comprehensive, and accurate description of contemporary learning research. This edited volume covers all of the major dimensions of the field and encourages clinicians to apply contemporary learning research to clinical problems. Topics include: classical conditioning, inhibition, obsessive-compulsive disorders, latent inhibition, punishment, extinction, stimulus equivalence, and much more. Current and future clinicians and behavior therapists.

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